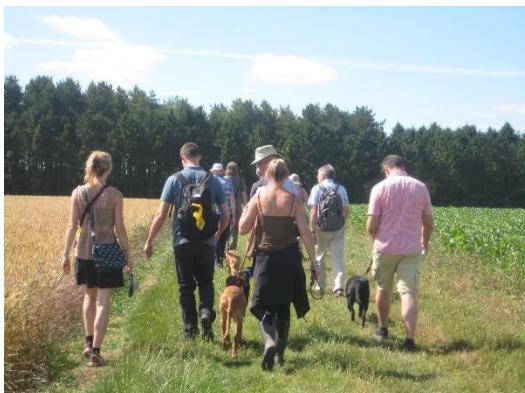




Innovate & Cultivate Fund

Case Studies

Parochial Church Council of the Ecclesiastical Parish of Holy Trinity, Hildersham – Parish Nurse Plus



Funding was awarded to increase the community development capacity of the Parish Nursing programme in seven rural villages in South Cambridgeshire. The parish nurse has been very successful in providing help and support for residents who suffer from illness, loneliness and disability or need advice about health and social care. The added community development element allows the programme to grow its networks by mapping existing resources in the villages – activities, support groups, residents' interests and skills, and existing and potential pools of volunteers

– and bringing these resources together for the mutual benefit of the villages and residents.

Case study

A recipient of the service had previously been a long term carer for a partner with an increasingly debilitating illness. The serious and constant challenges and stresses of being a carer in those circumstances had taken their toll and they became socially isolated both before and after their partner passed away. Relationships with family, neighbours, service providers and others was either strained or severed. As a result of engaging with the Parish Nurse project, the resident is being brought back into community life through local support networks and is being helped to rediscover personal interests and skills which had remained dormant for such a long time. As a result they are far more positive, confident and happy, looking forward to being more active in supporting others in the future within their community.

Houghton & Wyton Time Bank - Time Bank in the Community



The timebank was awarded funding to develop inter-generational activities, by expanding the membership of their oldest and youngest members, and creating opportunities for younger members to train the elderly members in computer skills and older members to engage with young ones. Members have received 'dementia-friends' training, regular activities have been developed such as health walks and coffee mornings, and a number of community-wide events have been supported by timebank members of all ages. The time

exchanges are helping members to get useful jobs done, provide much needed company, learn new skills and make new friends. The timebank is also helping some very frail elderly members to maintain their independence by supporting them to live in their own homes and reducing reliance on home care or residential care.

Case study

Mary is 95 years old and had until recently been living independently at home without any support from Council services. Her family do not live near-by and she relies on three timebank members to visit her on a daily basis and support her to leave the house. Her daughters both spend one day a week with her. Mary had a fall and had to stay in hospital for a few days, upon her return she fell again and her family made the decision to move her to a care home locally. Mary hated this loss of independence and missed her friends, so the timebank worked with her and her family to organise visits and ensure she could return to the various events taking place over the summer including the afternoon tea and street party. When Mary made the decision to move back to her home, her daughters contacted the timebank for support. Initially members helped by installing grab rails at the top of the stairs and followed this with a network of visitors. Mary is feeling more settled at home and although the family are concerned with how long she can live independently they have been happy with the series of visitors the timebank has been able to provide for support. Mary often feels she can't give anything back, so provides the timebank with jars of coffee for our coffee mornings and donates prizes for raffles. One of her visitors donates all of her hours to Mary to ensure she has time in the bank.

Stretham Youth Club – Young at Heart Group

Stretham Youth Club has expanded its activities to run a volunteer-led project for elderly residents using the youth centre as its base. This is filling a gap in provision for older people in the village by offering weekly drop-ins, information sessions, monthly group meals, chair-based exercise classes, outings and day trips. The club also signposts people to social care, health and community support organisations and helps with transport to activities. The project has had very positive feedback with 'warmth, love, laughter and friends' being most cited by members when asked what they get from attending the group. One member stated '*I have so many more people to talk to, say hello to in the street, ring up if I need a chat or cup of coffee. The village would be a poorer place without the group*'.

Parish of East Leightonstone – Thrive Huntingdon



Funding was awarded to expand the Thrive Huntingdon youth outreach project to reach more disadvantaged young people in areas of high need, including the Oxmoor Estate. It offers detached youth work to support and mentor young people within their local communities and in secondary schools. Two new mobile youth cafes provide a safe place for young people to meet and socialise, access support after school and even get some work experience. The project is expected to reduce

young people's reliance on Young People's Workers and social workers, while educating them to make informed decisions and improving their wellbeing, self-confidence and ability to deal with life's many challenges.

Age UK - Friendship Clubs



Age UK was funded to set up six Friendship Clubs for older people in Cambridgeshire to improve their wellbeing and self esteem through social contact. Clubs meet at least once a week where a hot meal is served and group activities are enjoyed, some of which are delivered by Friendship Club members. Members also have access to information and advice and enjoy occasional day trips. Age UK helps the clubs to become self-sustaining by offering support and guidance during the first year, while empowering a committee of volunteers to take over the leadership and delivery of them for the long term.

Case study

Doris is a 75 year old widow who lives alone in Somersham. Doris explained that she was very pleased when she saw the advert in the Somersham 4U community magazine promoting a new Friendship Club. She has attended every week since it started and it “*gives her something to look forward to*”.

Doris spoke about attending another club that closed some time ago and the impact that had on her, described as “*a great sense of loss as you quickly lose touch with friends*”. She went on to describe how the Friendship Club has allowed her to renew some of these old acquaintances, as well as make new friends and “*helps me feel less lonely*”.

Doris stated that “*being able to share a nice lunch with other people*” and “*not having to cook a meal for one lifts my spirits*”, and “*it gives me something nice to think about and makes me happy*”. Doris says overall she “*feels happier and her aches and pains seem less*”.

Doris explained that having a club is even more important as she has macular degeneration which is impacting on her capacity to read and “*do the crossword*”. She finds it very useful that the Friendship Club has engaged with the village library to visit regularly and allow members to swap books.